

Professor deals with divorce through book

It's not unusual for a person to be upset over a divorce for a year. But when that person turns the experience into a new career study and publishes a book, it's quite an accomplishment.

Steve Johnson, 34, a University psychology professor, has done just that. He recently completed a book entitled "First Person Singular: Living the Good Life Alone," which is published by J.B. Lippincott and will be released May 1.

The book deals with the adjustment problems a person faces after a divorce or separation — problems like a self-maintenance, dating and handling the shock, according to Johnson.

And Johnson has more than one qualification to help him tackle the subject. Not only does he have a Ph.D. in psychology with a specialization in family interaction, but he also is divorced. His divorce five years ago triggered his new interest, and launched a four-year study into the field.

"At the same time that I got the divorce, I was getting a little tired of the area I was in — which was child clinical psychology," said Johnson. "In many ways, I was going through adult changes in all areas of my life. I had a very dif-

ficult time being single.

"A single friend of mine, Jeff Sleiger, really helped me through that period, and I thought it would be nice to do for others what he did for me," Johnson said.

After spending a term reading everything on the subject of being single, Johnson set up a divorce team at the University to help people through the first stage of separation.

Johnson decided to write the book two years after the clinical

By JOHN HENDERSON
Of the Emerald

work, based on his studies and his own personal experience. The 368-page book is separated into three parts: the problems of adjusting to a separation, how to live as an autonomous single adult and how to initiate new relationships.

Johnson said he tries to help people deal with their loneliness, and establish a social support system.

"People go through college, get married, then jump in their own little cubicles," said Johnson. "When you're separated, you don't have that cubicle and you

need another social support system."

According to Johnson, many separated persons have problems with self-identity and security.

"When you lose a spouse, all things change," he said. "You have to get a job usually, if you're a woman, you change your residence, your relationships with children and relationships with your friends. When this happens all at once, you're less clear of who you are because we're defined by roles in this society," said Johnson.

His section on new relationships is called, "How's your love life?" and he considers it the most helpful and simplest part of the book. Johnson said it deals with dating, sex and finding new friends.

"I call it 'no-fault communication.' It's really a compilation of established communication principles," said Johnson. "You have the right to be what you are, and another person has the right to be what he or she is. If they don't mesh together, it's nobody's fault."

Johnson uses this theory in his chapter on sex.

"It's a mutual seduction; a sophisticated, polite dialogue between two people," he said. "It's a gradual respect process where no one needs to get jarred."

"We try to knock out guidelines and get rid of the nonsense they tell themselves like, 'What happens if I get rejected?' We replace that with thoughts like 'my worth doesn't depend on being attractive to that person', or 'nothing ventured, nothing gained' or 'I might make somebody's day'."

Now that the book is written and will go on sale for \$10, Johnson



Photo by Tonya Houg

Steve Johnson has recently written a book based on his personal experience and clinical work. The book aims to help people deal with their loneliness and establish a social support system after divorce.

must wait for May 1 and hopefully get on the guest speaking tour which he said he hopes to include "The Merv Griffin Show" and "Today."

He already is scheduled to speak at the University of New

York at Buffalo on May 5, and has a full-page ad placed in the New York Times Review of Books.

Whatever happens, however, Johnson can say he's come a long way from being a depressed divorcee.

International strife spurs conference

By HEATHER McCLENAGHAN
Of the Emerald

A Northwest Conference on the International Situation has been called for next month by a number of local political groups. The conference, set for Saturday, April 2, will be held at the University of Washington in Seattle.

The conference was organized to bring together a wide collection of political opinions to raise and to answer the "life and death questions" facing the world today, sponsors say.

"The world is in great turmoil — contradictions are sharpening on all continents, in all countries. Americans who stood together to oppose the Vietnam war now are debating and putting forward different analyses, different directions for our actions," the conference call reads.

Sponsors say the conference is an important step in the attempt to broaden debate and to put different views and ideas out squarely and clearly.

"The papers are filled daily with news of world events — riots in Egypt, liberation struggles in southern Africa, negotiations over who controls the oceans, the angry words over detente and human rights between Carter and Moscow. What does all this mean? Is revolution on the rise in the world? Are we moving toward war? What does all this mean for the American people? The conference will address these questions," says Ralph McDonald of the local conference coordinating committee.

Kaveh Ahangar of the Iranian Students Association (a sponsoring group) emphasizes that questions many Americans formerly active in the anti-war movement may now have, can be clarified at the conference.

"Today there's a great deal of confusion about where people stand. During the Vietnam war things were very clear cut and clear. The same people who opposed the war may be very confused and may not understand which way the world is going," Avangeh says. "One of the ways of solving this confusion is to put the different views forward in ways people can understand."

Similar conferences have been held in New York and Los Angeles. A Northern California conference will take place next week.

In order to spark debate and to produce lively discussions, workshops presenting both sides of a controversial issue will be held.

Workshop topics include: China's foreign policy, detente and disarmament, Europe, Latin America, U.S. foreign policy, the nature and role of the Soviet Union, national liberation movements and the Third World, East and Southeast Asia, Southern Africa, the Middle East and the Arabian and Persian Gulf.

Panels and small group discussions will be held in addition to the workshops.

Eugene conference coordinators are expecting attendance from the area to reach upwards to 100 people. Bus transportation is being arranged along with housing considerations. Sponsors ask that those interested in attending the conference mail in their \$2 registration fee before March 30. Registration forms are available from the conference table in the EMU lobby.

Schools eye transfer problems

Service staffs gather to share info, concerns

Approximately 80 educators from the University and Oregon's community colleges participated in the annual Community College Articulation Conference on campus Wednesday to discuss the problems of transfer students.

Counseling, administrative staff and instructional deans from ten community colleges met with University staff members to address logistic problems in dealing with transfer students. The gathering divided up into smaller groups later on in the morning to discuss administrative problems.

University Pres. William Boyd addressed the group during a luncheon in the EMU. Boyd spoke briefly on the current cutbacks in the University student services area and the Wallace School of Community Service and Public Affairs.

In the afternoon University faculty members were involved in small group discussions comparing curricular content.

Jim Buch, director of admissions, said the conferences enable representatives to "share con-

cerns, identify problems and exchange information." He added that the opportunity for the community college representatives to talk to former students also helps the University receive valuable feedback from the community college educators after they have talked to transfer students.

By LORI PETERSON
Of the Emerald

Buch, who has been with the University for two years, said the conferences are "more of an information exchange now, rather than a gripe session."

"It's vital we maintain this type of communication," said Vernon Barkhurst, associate dean of student administrative services.

Barkhurst says the communication between the University and

the community colleges is not limited to this annual conference.

The University sends a team of faculty members to many of the community colleges in Oregon each term to talk with prospective transfer students and advisors. Barkhurst said all the professional schools at the University are represented at the community college visitation sessions.

According to Buch, about 2,000 of the University students registered for fall term were transfer students from both two and four-year institutions.

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